

## ABSTRACT OF THE DISCLOSURE

A storage and retrieval unit (1) and a method for transporting goods (2) from or to a shelf (3) in a commissioning unit are provided. The storage and retrieval unit includes a vertical mast (4) and a longitudinal drive (5), linked with the mast, for longitudinally displacing and longitudinally positioning the storage and retrieval unit on a site of operation of the shelf on the shelf front or the shelf rear. A height-adjustable goods receiver (7) is provided on the vertical mast. The mast is configured as an articulated mast (4) having at least one joint (8) which enables a deflection (A) of the articulated mast in the direction of longitudinal displacement (L). A guide/readjusting device (9) having articulated rods, especially an articulated oscillating crank (9'), is provided on the articulated longitudinal end of the articulated mast for the purpose of stability. When the articulated mast (4) is deflected in a guided manner (A), said oscillating crank returns the articulated mast (4) from the vertical normal operating position (N) back to the normal operating position in a guided manner. Optionally, the guide/readjusting device (9) can also be or comprise a bent guide, especially a sliding guide.